

AMENDMENTS TO THE CLAIMS

- Do not enter 7-18-06 JMB*
1. (Twice Amended) A dietary supplement comprising consisting essentially of:
    - a. cinnamon, or an extract of cinnamon, or a derivative thereof, and
    - b. creatine, or a derivative or a precursor thereof, and
    - c. optionally, at least one carbohydrate; whereby said cinnamon, extract of cinnamon, or derivative thereof enhances the uptake of creatine by the muscle.
  2. (Original) The dietary supplement of claim 1 wherein element (a) comprises a water soluble extract of cinnamon, or a derivative thereof.
  3. (Original) The dietary supplement of claim 1 wherein element (a) comprises a polymer derived from cinnamon, preferably methyl hydroxy chalcone polymer, or a derivative thereof.
  4. (Original) The dietary supplement of claim 1 wherein element (b) comprises a creatine hydrate or a creatine salt.
  5. (Original) The dietary supplement of claim 1, wherein element (b) comprises creatine monohydrate.
  - 6-9 (Previously Canceled)